



Food

MEAT/HIGH PROTEIN GROUP – canned tuna fish, salmon chicken, turkey, beef stew, canned ham, spam, Vienna sausage, peanut butter, macaroni & cheese, red or brown beans: canned or dried

FRUITS & VEGETABLES – canned & dried fruits, canned vegetables, canned soup, dried & canned beans, juices

DIETARY NEEDS – sugar and salt substitutes, low or no sugar items, low or no salt items

DAIRY GROUP – evaporated/powered/dry milk, infant formula, nutritional liquid supplement: ensure, source, boost

BREADS & CEREALS – dry cereals, oatmeal, rice, pasta: pasta, macaroni & cheese

BEVERAGES – 100% fruit or vegetable juices in cans or plastic, coffee, tea

Fish of Vancouver

Interservice Walk and Knock of Clark County

[Open House Ministries](#)

[The Giving Closet](#)